

Lake Anna YMCA Gym Schedule

7.21.24-7.28.24

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY								
12:00 AM	Open Gym All Day	Open Gym 12:00-8:00am	Open Gym 12:00-9:45am	Open Gym 12:00-8:00am	Open Gym 12:00-9:45am	Open Gym 12:00-8:00am	Open Gym 12:00-7:00am								
1:00 AM															
2:00 AM															
3:00 AM															
4:00 AM															
5:00 AM															
6:00 AM															
7:00 AM		Pickleball 7:00-8:30am (WHOLE GYM)													
8:00 AM															
8:30 AM		Group Ex 8:00-9:15am	Group Ex 8:00-12:00pm	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Group Ex 8:00-9:15am									
9:00 AM															
9:30 AM		Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 9:45-12:00pm	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Group Ex 8:00-9:15am									
10:00 AM															
10:30 AM															
11:00 AM		Pickleball 9:15-12:00pm (WHOLE GYM)	Group Ex 9:45-12:00pm	Group Ex 8:00-12:00pm	Group Ex 9:45-12:00pm	Group Ex 8:00-9:15am									
11:30 AM															
12:00 PM															
12:30 PM		Open Gym All Day	YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm	YMCA Programming 12:00-3:00pm									
1:00 PM															
1:30 PM															
2:00 PM															
2:30 PM															
3:00 PM									Open Gym 3:00pm-5:00pm			Open Gym 3:00-4:00pm			Open Gym 8:30am-12:00am
3:30 PM															
4:00 PM															
4:30 PM	Pickleball League 5:30pm-8:00pm								Open Gym 3:00pm-12:00am		YMCA Youth Programming 4:00-5:00pm				
5:00 PM															
5:30 PM															
6:00 PM	Pickleball League 5:30pm-8:00pm								Open Gym 3:00pm-12:00am		YMCA Youth Programming 4:00-5:00pm				
6:30 PM															
7:00 PM															
7:30 PM	Pickleball League 5:30pm-8:00pm	Open Gym 3:00pm-12:00am		YMCA Youth Programming 4:00-5:00pm											
8:00 PM															
8:30 PM															
9:00 PM	Open Gym 8:00pm-12:00am			Open Gym 5:00pm-12:00am		Open Gym 12:00pm-12:00am									
10:00 PM															
11:00 PM															
12:00 AM															

- * Gym Schedule is subject to change. Call ahead for latest updates.
- * This schedule represents our 24/7 hours. 24/7 access is for members 18+ only.
- * All members must still exit gym 15 minutes before business hour closing.
- *Lake Anna YMCA Day Camp takes precedent over all open gym times.